

Abstract

Title: Case study of physiotherapy care of patient after stabilization surgery of the shoulder joint after multiple luxation

Aim: The aim of this bachelor thesis is to analyse the shoulder joint luxation issue and its surgery. The practical part contains case study of physiotherapy of patient with such diagnosis.

Methodology of thesis: The bachelor thesis is divided into two sections. The first section is theoretical and deals with the anatomy and kinesiology of the shoulder joint, types of its instabilities and luxations. Diagnosis of those issues and possibilities of treatment (conservative, surgery, physiotherapy). The second section is practical and contains the case study of patient who underwent a repetitive right shoulder luxation and its surgery stabilisation. The patient passed out the physiotherapeutic treatment in the time between 8th January 2016 and 21st January 2016 at the MediCentrum Praha. Case study contains the case history, entrance kinesiology analysis, eight therapeutic units, final kinesiology analysis and evaluation of results.

Result: Patient's health has improved. Both the motion range of right shoulder joint and muscle strength have been increased. The hypertonus of the trapezius muscles has been lowered.

Keywords: Shoulder joint, luxation, physiotherapy